

## Texas VA Medical Centers

### Amarillo VA Health Care System

6010 Amarillo Blvd. ,West  
Amarillo, TX 79106  
(806) 355-9703

### Austin Outpatient Clinic

7901 Metropolis Drive  
Austin, TX 78744  
(512) 823-4000

### Central Texas Veterans Health Care System

1901 Veteras Memorial Drive  
Temple, TX 76504  
(254) 778-4811

### Dallas VA Medical Center

4500 S. Lancaster Road  
Dallas, TX 75216  
(800) 849-3597

### El Paso VA Health Care System

5001 North Piedras Street  
El Paso, TX 79930  
(915) 564-6100

### Fort Worth Outpatient Clinic

2201 SE Loop 820  
Fort Worth, TX 76119  
(817) 730-0000

### Michael E. DeBakey VA Medical Center

2002 Holcombe Blvd.  
Houston, TX 77030  
(713) 791-1414

### South Texas Veterans Health Care System

7400 Merton Minter Blvd.  
San Antonio, TX 78229  
(210) 617-5300

### VA Texas Valley Coastal Bend Health Care System

2601 Veterans Drive  
Harlingen, TX 78550  
(956) 291-9000

### West Texas VA Health Care System

300 Veterans Blvd.  
Big Spring, TX 79720  
(432) 263-7361

For all VA Center locations, visit [www.va.gov](http://www.va.gov). For more information about opioids, talk with your doctor, dentist, pharmacist or prescribing medical professional, or visit [DoseOfReality.Texas.gov](http://DoseOfReality.Texas.gov). In case of emergency, call 9-1-1.



**DOSE OF REALITY**  
PREVENT PRESCRIPTION PAINKILLER MISUSE IN TEXAS.

Learn more at: [DoseOfReality.Texas.gov](http://DoseOfReality.Texas.gov)

A message from the Office of the Attorney General of Texas,  
Texas Health and Human Services, and Texas Department of  
State Health Services.



**TEXAS**  
Health and Human  
Services

Texas Department of State  
Health Services



**DOSE OF REALITY**  
PREVENT PRESCRIPTION PAINKILLER MISUSE IN TEXAS.

**WHAT U.S. VETERANS  
AND SERVICE MEMBERS  
SHOULD KNOW ABOUT  
PRESCRIPTION PAINKILLERS**





## DOSE OF REALITY:

**U.S. VETERANS ARE TWO TIMES MORE LIKELY THAN NON-VETERANS TO SUFFER A FATAL OVERDOSE. NOW, IT'S MORE IMPORTANT THAN EVER TO UNDERSTAND AND RECOGNIZE THE CLINICAL CHALLENGES TO SUCCESSFULLY MANAGING PAIN AND PRESCRIBING SAFELY FOR OUR VETERANS AS WELL AS ACTIVE SERVICE MEMBERS.**

In the most recent data, more than 40% of U.S. opioid deaths involved a prescription opioid. As an alternative to prescription painkillers, many VA medical centers place an emphasis on patient education, alternative pain management like physical therapy, close monitoring with frequent feedback, and integrative health approaches like acupuncture and yoga. There is no one-size-fits-all treatment; each person's situation and level of pain varies, so treatment plans are tailored to suit specific needs.



### IF YOU OR SOMEONE YOU KNOW IS AT RISK:

- Talk with the healthcare professional who prescribed the medication to you. If you're concerned about a family member or friend, urge them to talk to whoever prescribed their medication.
- Consider seeking long-term help. Ask your local VA about substance use disorder treatment programs.

### WHAT VETERANS AND SERVICE MEMBERS CAN DO

- Only take medications as prescribed. Take the proper dose at the right time. Don't avoid taking your medication to save it for a later time.
- Get help from friends and family, or those closest to you.
- Don't take extra doses. Extra doses may lead to illness or overdose. It may also lead to running out before you can obtain more, which may lead to withdrawal.
- If you have severe, increased, or new pain, don't just take more of your opioids or increase your dosage. Call your pain care provider to decide on the best care.
- Protect your opioids from damage, loss, or theft. Keep them safe, locked up, and out of reach of family, children, visitors, and pets.
- If you need to travel with your medication, always carry your CURRENT labeled prescription bottle.

### COMMON SIGNS OF OVERDOSE:

- Pinpoint pupils
- Slowed or stopped breathing
- Falling asleep or loss of consciousness
- Limp body
- Pale, blue, or cold skin or toes/fingertips
- Choking or gurgling